

What's on guide

Free

Weekly groups run BY people who are in recovery from substance use FOR people who are in recovery and their families

16+



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Eyemouth
Recovery Café
Parish Church
Victoria Road
11-1pm

Music Group
TD1 Youth Hub
Ladhope Vale
Galashiels
11-1pm

Follow us on social media
for updates e.g. trips to national
recovery events, Lived
Experience Forum, Mindfulness
Based Recovery sessions,
Creative Workshops & our
Recovery Training course!

Peebles
Recovery Café
St Andrews
Leckie Church
Hall
2-4pm

Muay Thai
Fitness Group
Toby's Gym,
Botany Mill,
Roxburgh
Street,
Galashiels
4-5pm

Hawick
Evergreen
Hall, Dovecote
street
SMART
2.15-3.15pm
Recovery Café
3.30-5.30pm

Jedburgh
Recovery Café
Kenmore Hall
Oxnam Road
11-1pm

Galashiels
Focus Centre
SMART
3-4.30pm
Recovery Café
5-7pm

SATURDAYS @ Focus Centre, Galashiels
Breakfast Club (child friendly) 10-12noon

Supported by:



we are
withyou



www.bordersinrecovery.org